

Full Report (All Nutrients) 09293, Plums, dried (prunes), stewed, with added sugar

Report Date: July 01, 2017 00:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:15% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 248g
Proximates					
Water	g	65.08	--	--	161.40
Energy	kcal	124	--	--	308
Energy	kJ	519	--	--	1287
Protein	g	1.09	--	--	2.70
Total lipid (fat)	g	0.22	--	--	0.55
Ash	g	0.73	--	--	1.81
Carbohydrate, by difference	g	32.88	--	--	81.54
Fiber, total dietary	g	3.8	--	--	9.4
Minerals					
Calcium, Ca	mg	21	--	--	52
Iron, Fe	mg	1.04	--	--	2.58
Magnesium, Mg	mg	19	--	--	47
Phosphorus, P	mg	33	--	--	82
Potassium, K	mg	312	--	--	774
Sodium, Na	mg	2	--	--	5
Zinc, Zn	mg	0.22	--	--	0.55
Copper, Cu	mg	0.180	--	--	0.446
Manganese, Mn	mg	0.092	--	--	0.228
Selenium, Se	µg	1.0	--	--	2.5
Vitamins					
Vitamin C, total ascorbic acid	mg	2.7	--	--	6.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 248g
Thiamin	mg	0.022	--	--	0.055
Riboflavin	mg	0.093	--	--	0.231
Niacin	mg	0.675	--	--	1.674
Pantothenic acid	mg	0.100	--	--	0.248
Vitamin B-6	mg	0.203	--	--	0.503
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	14	--	--	35
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	285	--	--	707
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.017	--	--	0.042
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.014	--	--	0.035
18:0	g	0.003	--	--	0.007
Fatty acids, total monounsaturated	g	0.142	--	--	0.352
16:1 undifferentiated	g	0.002	--	--	0.005
18:1 undifferentiated	g	0.140	--	--	0.347
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.047	--	--	0.117
18:2 undifferentiated	g	0.047	--	--	0.117
18:3 undifferentiated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 248g
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0